



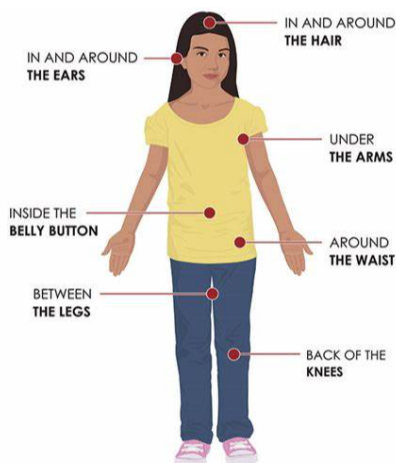
How to Protect Yourself From Ticks

Before you go outside, you should know that ticks often live in grassy, brushy, or wooded areas. It is important to avoid these areas and walk in the center of trails to limit potential contact with ticks. After coming indoors, you should check your clothing for ticks, examine gear, and shower as soon as possible. You should only use tweezers to remove ticks. You can send ticks to be checked for diseases, free of charge! Check www.mass.gov for more information.



Preventing tick bites on people

- Dress in long sleeves and pants when possible.
- Avoid wooded and bush areas with high grass, and walk in the center of trails.
- Use repellents that contain DEET or other EPA-registered repellents (see below)
- Do frequent "tick checks" on the entire family as well as pets. Check clothing, gear and hard-to-see places on the body.
- Shower soon after being outdoors.



Common types of ticks



Preventing tick bites on pets

Talk to your vet about the best prevention products for your dog. Make sure you use a tool to check your pets for ticks daily, and remove any immediately. You can also treat your yard for ticks to reduce risk. Check your dogs for ticks:

To conduct a body check for ticks, you should examine all areas but especially focus on:

- Under the arms
- In and around ears
- Inside belly button
- Back of the knees
- In and around hair
- Between the legs
- Around the waist

Useful products

Choose EPA registered insect repellents containing DEET, Oil of Lemon Eucalyptus, or other active ingredients. Scan the QR code below to access the EPA's search tool to find the product that is best for you!



For more information visit
worcesterma.gov/public-health

